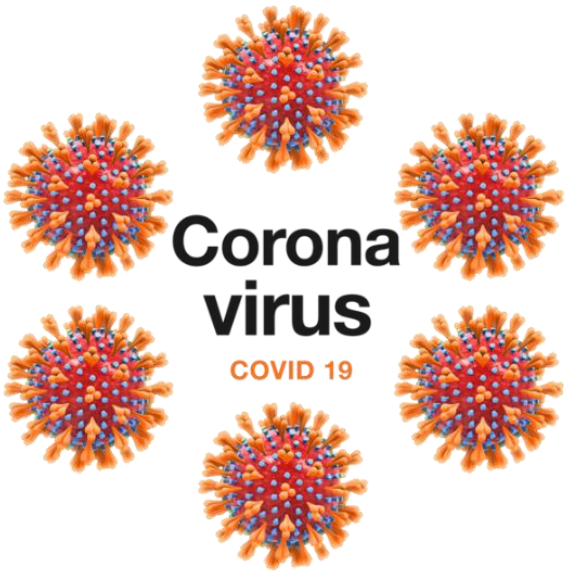
Public Health England

Protecting and improving the nation's health

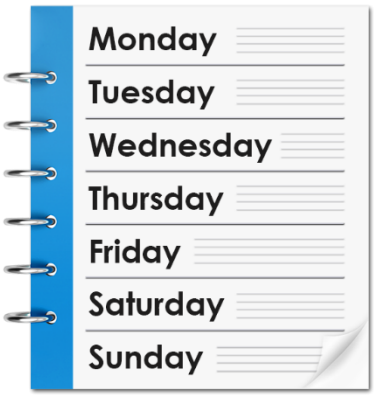
Coronavirus (COVID-19)

Stay at home: what to do if you or someone you share your home with has signs of coronavirus

March 2020

	COVID-19 is a new illness. Lots of people call it coronavirus. It can affect your lungs and your breathing.

<table>
<tr>
<td>
 </td>
<td>There are things we all need to do to stop coronavirus spreading.

One of these is staying at home.</td>
</tr>
<tr>
<td> 
</td>
<td>If you have one or both of the signs of coronavirus you should stay at home for 7 days.

You should not meet up with other people.</td>
</tr>
<tr>
<td> </td>
<td>The signs of coronavirus are:
high temperature (your back and chest feels hot to touch) or
a new cough where you keep on coughing – this means coughing a lot for more than an hour or coughing a lot, where you keep on coughing, 3 or more times in a day</td>
</tr>
</table>

<table>
<tr>
<td>
</td>
<td>If someone you share your home with has signs of coronavirus you should stay at home for 14 days.

This is whether you have signs of coronavirus or not.

If you then start to have signs of coronavirus yourself, you should stay at home and not meet up with other people for 7 days from when your signs started.</td>
</tr>
<tr>
<td> </td>
<td>Wash your hands lots of times during the day:

✔ use soap and water
✔ use hand sanitiser (gel) if there is no soap and water when you are out
✔ make sure you wash your hands when:
• you come home
• you visit other places
• before you touch food

✘ Do not touch your eyes, nose or mouth</td>
</tr>
</table>

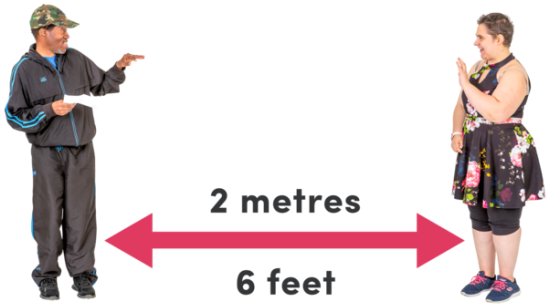
✔ Always cough and sneeze into a tissue.

✔ Then throw the tissue away and wash your hands.

If you need to stay at home and you share your home with:

- someone who is aged 70 or older
- an adult under 70 who already has a health problem on the list at the end of this guide
- someone who is pregnant

they should go and stay somewhere else if possible. This is because they are **more likely to be very poorly** if they get coronavirus.

	If that is not possible you should stay at least 2 metres (3 steps) away from them as much as you can. There are other things you should do to try to stop the virus spreading to them.
	1. Use a different bathroom if possible. If you use the same bathroom clean it each time after you use it. Wipe all surfaces you have touched using strong household cleaner (disinfectant).
	2. Use different towels.

	3. Do not share a bed, if possible.
	4. Do not use the kitchen at the same time.
	5. In the kitchen and other rooms in your house clean surfaces you often touch such as: • door handles • handrails • remote controls • table tops several times a day. Use household cleaner (detergent).

	6. Use a dishwasher. If this is not possible, use a different tea towel to dry each person's things.
	7. Do not shake dirty washing before putting it in the washing machine. If you do not have a washing machine, wait 3 days after your staying at home period ends before taking it to be washed.
  	8. Put rubbish such as tissues and disposable wiping cloths into rubbish bags that are tied shut. Then put these bags inside a second bag. You should wait 3 days before you put them outside for the rubbish collection.

	Make sure you know what to do if you need to stay at home. See the advice for staying at home guide for more information about making a plan.
	While you are staying at home, do **not** go out to work, school, or any other public places.
	While you are staying at home do **not** use public transport or taxis.

	Work from home if you can. Your boss should support you with this.
	If you cannot work from home, you do not need a note from your doctor to say you cannot work, but you should let your boss know that you need to stay at home. If you need it, you can get a certificate to say you are staying at home from NHS 111 online.
	Getting paid while you stay at home: • check with your boss if you will be paid while you are staying at home

	• if you are self-employed you can apply for universal credit (benefits) • if everyone in your family who lives with you has to stay at home and no-one is getting sick pay, you can apply for apply for universal credit (benefits)
	Tell people delivering things to your home to leave them outside and let you know they are there. They must not come into your home.
	A small number of people are **most likely to be very poorly** from coronavirus, like some people having cancer treatment. They need to do extra things to stop themselves getting coronavirus. They should follow different guidance for people most likely to be very poorly.

Pictures from Photosymbols: https://www.photosymbols.com/

An adult under 70 with any of these health problems is **more likely to be very poorly** from coronavirus:

- chronic (long-term) respiratory diseases, such as asthma, chronic obstructive pulmonary disease (COPD), emphysema or bronchitis
- chronic heart disease, such as heart failure
- chronic kidney disease
- chronic liver disease, such as hepatitis
- chronic neurological conditions, such as Parkinson's disease, motor neurone disease, multiple sclerosis (MS), cerebral palsy
- diabetes
- problems with your spleen – for example, sickle cell disease or if you have had your spleen removed
- a weakened immune system as the result of conditions such as HIV and AIDS, or medicines such as steroid tablets or chemotherapy
- being seriously overweight (a body mass index (BMI) of 40 or above)